

TENNESSEE WORKOUT

EQUIPMENT NEEDED FOR WORKOUT:

SWISS BALL, BARBELL, KETTLEBELL & BALL

PART 1 OF 2 - 2-3 SETS, THEN MOVE TO PART 2

LIFT

REPS

REST



RUSSIAN TWIST

15 each

First Set: 1 Minute
Second Set: 1.5 Minutes
Third Set: 2 Minutes
Fourth Set: 2.5 Minutes



RENEGADE SQUAT (FMP)

10

NO REST

PART 2 OF 2 - 2-3 SETS



TOE TOUCH

3 Times Each

NO REST



BREATHING DRILL

1 Minute

Rest: 1 Minute